

Youth Stroke Development—Drop In—Available to register for on-line beginning June 1

This class is geared for those on the recreational swim team who either need additional work on their strokes or would like to learn the basics of additional strokes. Students must be currently enrolled on the City of Burbank's Recreational Swim Team. No refunds for this class.

Ages: 13 years old and up

Fee: \$5 Residents per class, \$15 Non-Residents per class

Sessions: Sunday

McCambridge Pool, 1515 North Glenoaks Boulevard, 91504 (McCamb)

(818) 238-5381

Session Dates and Times:

Date	Time	Stroke	Date	Time	Stroke	Location
June 8	9:30-10:00 a.m.	Freestyle	June 8	10:00-10:30 a.m.	Breast Stroke	McCamb
June 22	9:30-10:00 a.m.	Butterfly	June 22	10:00-10:30 a.m.	Back Stroke	McCamb
June 29	9:30-10:00 a.m.	Back Stroke	June 29	10:00-10:30 a.m.	Freestyle	McCamb
July 13	9:30-10:00 a.m.	Breast Stroke	July 13	10:00-10:30 a.m.	Butterfly	McCamb
July 20	9:30-10:00 a.m.	Freestyle	July 20	10:00-10:30 a.m.	Breast Stroke	McCamb
July 27	9:30-10:00 a.m.	Butterfly	July 27	10:00-10:30 a.m.	Back Stroke	McCamb
August 9	9:30-10:00 a.m.	Back Stroke	August 9	10:00-10:30 a.m.	Freestyle	McCamb

Adult Stroke Development—Drop In—Available to register for on-line beginning May 3

Join this class for one hour of stroke refinement in front crawl, back crawl, or breast stroke, depending on the month of the course offering. Each month will have a stroke specific focus, where technique will be introduced for only that stroke. These are single class offerings, where adults may drop in for one or more lessons. Instructors will cover breathing, timing, and stroke efficiency to improve on swimming with ease, power, and smoothness. Instructors will introduce drills that the swimmers can learn to continue their own improvement in these strokes. Students must be able to perform 50 yards of continuous swimming demonstrating Freestyle, back stroke, or breast stroke. No refunds for this class.

Ages: 13 years old and up

Fee: \$10 Residents per class, \$20 Non-Residents per class

Sessions: Saturdays 9:30 a.m.—10:30 a.m.

Verdugo Aquatic Facility, 3201 West Verdugo Avenue, 91505 (VAF)

(818) 238-5391

Session Dates and Times:

Date	Stroke	Location	Date	Stroke	Location	Date	Stroke	Location
June 14	Freestyle	VAF	July 19	Back Stroke	VAF	August 2	Breast Stroke	VAF
June 21	Freestyle	VAF	July 26	Back Stroke	VAF	August 9	Breast Stroke	VAF
June 28	Freestyle	VAF						

